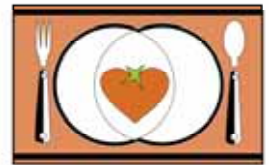






Eating Together



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Are you a <i>role model</i> for good health?</u> </p> <p>❖ On any given day 20-30% of toddlers 24mos and less will not eat a fruit or a vegetable ☹</p>			<p><u>Are you a <i>role model</i> for good health?</u> </p> <p>One of the top 5 vegetables most frequently served to kids is French fries ☹</p>		<p>Eat together as a family as often as possible</p>	<p><u>Eat Dinner Together</u> – Prepare a meal that the family enjoys</p>
Plan the family's meals for the week	Shop with a list to ensure you have all items on hand		Eat together at one table w/o the TV on – meals are times for families to connect		Going to the mall? Eat before you leave!	
Don't make kids clean their plates! Use "Shared Control" at meal times	→	<p>LIMIT Fast food meals to less than once per week to save \$\$ and stay healthy</p>		Quick & healthy meal ideas: tacos, hamburgers (yes!), spaghetti, soup and sandwiches	<p>FACT: 1 "Capri Sun" contains ¼ cup of sugar! </p>	Serve milk or water at meals; koolade, sweet tea and sodas should be served <i>as treats</i>
	Poptarts aren't a healthy breakfast – choose cereal, fruit & toast instead		Kids should eat breakfast before or at school – this is non-negotiable!		<p>- High Fat meats: bacon, sausage, ribs, hotdogs, cheese, bologna, salami, breaded meats – serve as treats</p> <p>- Lean meats: chicken w/o skin, unbreaded fish, beef & pork w/ 'round or sirloin' in the name</p>	
Teach kids to make pancakes & French toast		<p>Include kids in meal prep – set the table, wash vegetables</p> <p>→</p>	...and help with clean up!		Kids night – teach kids to make tacos, hamburgers	